



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 35158, Fish, whitefish, eggs (Alaska Native)

Report Date: July 16, 2017 03:10 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water 1 2	g	76.24	2	--
Energy	kcal	104	--	--
Energy	kJ	436	--	--
Protein 1 2	g	14.66	2	--
Total lipid (fat) 1 2	g	2.88	2	--
Ash 2	g	1.33	1	--
Carbohydrate, by difference	g	4.89	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	0.00	--	--
Sucrose	g	0.00	--	--
Glucose (dextrose)	g	0.00	--	--
Fructose	g	0.00	--	--
Lactose	g	0.00	--	--
Maltose	g	0.00	--	--
Galactose	g	0.00	--	--
Starch	g	0.00	--	--
Minerals				
Calcium, Ca 1 2	mg	46	2	--
Iron, Fe 1 2	mg	5.95	2	--
Magnesium, Mg 2	mg	30	1	--
Phosphorus, P 1 2	mg	306	2	--
Potassium, K 2	mg	190	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Sodium, Na ²	mg	160	1	--
Zinc, Zn ²	mg	2.10	1	--
Copper, Cu ²	mg	0.220	1	--
Manganese, Mn ²	mg	0.220	1	--
Selenium, Se ²	µg	92.8	1	--
Vitamins				
Vitamin C, total ascorbic acid	mg	12.0	--	--
Thiamin ^{1,2}	mg	0.088	2	--
Riboflavin ²	mg	0.403	1	--
Niacin ^{1,2}	mg	0.956	2	--
Pantothenic acid ²	mg	1.060	1	--
Vitamin B-6 ²	mg	0.159	1	--
Folate, total ²	µg	53	1	--
Folic acid	µg	0	1	--
Folate, food ²	µg	53	1	--
Folate, DFE	µg	53	--	--
Choline, total ²	mg	247.5	--	--
Betaine ²	mg	8.2	1	--
Vitamin B-12 ²	µg	56.40	1	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	91	--	--
Retinol	µg	91	--	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU ¹	IU	305	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol) ²	mg	2.68	1	--
Vitamin E, added	mg	0.00	--	--
Tocopherol, beta ²	mg	0.01	1	--
Tocopherol, gamma ²	mg	0.02	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Tocopherol, delta ²	mg	0.00	1	--
Vitamin K (phylloquinone) ²	µg	0.6	1	--
Lipids				
Fatty acids, total saturated	g	0.496	--	--
8:0 ²	g	0.000	1	--
10:0 ²	g	0.000	1	--
12:0 ²	g	0.000	1	--
14:0 ²	g	0.045	1	--
15:0 ²	g	0.009	1	--
16:0 ²	g	0.361	1	--
17:0 ²	g	0.018	1	--
18:0 ²	g	0.063	1	--
20:0 ²	g	0.000	1	--
22:0 ²	g	0.000	1	--
24:0 ²	g	0.000	1	--
Fatty acids, total monounsaturated	g	1.046	--	--
14:1 ²	g	0.000	1	--
15:1 ²	g	0.000	1	--
16:1 undifferentiated ²	g	0.254	1	--
17:1 ²	g	0.000	1	--
18:1 undifferentiated ²	g	0.742	1	--
20:1 ²	g	0.045	1	--
22:1 undifferentiated ²	g	0.000	1	--
24:1 c ²	g	0.005	1	--
Fatty acids, total polyunsaturated	g	1.073	--	--
18:2 undifferentiated ²	g	0.073	1	--
18:3 undifferentiated ²	g	0.073	1	--
18:4 ²	g	0.037	1	--
20:2 n-6 c,c ²	g	0.018	1	--
20:3 undifferentiated ²	g	0.028	1	--
20:4 undifferentiated ²	g	0.124	1	--
20:5 n-3 (EPA) ²	g	0.225	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
21:5 ²	g	0.005	1	--
22:4 ²	g	0.028	1	--
22:5 n-3 (DPA) ²	g	0.133	1	--
22:6 n-3 (DHA) ²	g	0.330	1	--
Cholesterol ²	mg	439	1	--
Amino Acids				
Tryptophan ²	g	0.280	--	--
Threonine ²	g	1.010	--	--
Isoleucine ²	g	1.070	--	--
Leucine ²	g	1.640	--	--
Lysine ²	g	1.600	--	--
Methionine ²	g	0.560	--	--
Cystine ²	g	0.230	--	--
Phenylalanine ²	g	0.900	--	--
Tyrosine ²	g	0.760	--	--
Valine ²	g	1.280	--	--
Arginine ²	g	1.060	--	--
Histidine ²	g	0.530	--	--
Alanine ²	g	1.640	--	--
Aspartic acid ²	g	1.580	--	--
Glutamic acid ²	g	2.180	--	--
Glycine ²	g	0.500	--	--
Proline ²	g	1.100	--	--
Serine ²	g	1.180	--	--
Other				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--

Sources of Data

¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD